

# Teacher Planning Packet

2021 - 2022



# MCDOWELL Farm School

[www.mcdowellfarmschool.org](http://www.mcdowellfarmschool.org)  
Phone: 205.387.1806

105 Delong Road  
Nauvoo, Alabama 35578

## **Mission Statement**

**The mission of the McDowell Farm School is to inspire curiosity, teach problem solving, and empower community connections through sustainable agriculture.**

## **TABLE OF CONTENTS**

Program Information & Teacher Timeline	pgs. 4-10
Curriculum Guide	pgs. 11-15
Trip Planning Forms	pgs. 16-20
Parent Information & Student Forms	pgs. 21-28
Day Group Information & Forms	pgs. 29-35
Directions to Camp McDowell	pg. 35

## **PRICE LIST**

**3-day = \$160 per person**

12 class hours / 7 meals / 2 snacks / 2 nights lodging / 2 night programs

***For every ten students who attend, one adult may come free***

*Additional adults may attend for **full price**.*

*We can accommodate about 80 students per session.*

*If your group exceeds this, we can divide them into multiple sessions.*

*If you are interested in a 1, 2, or 4 day session, please call us.*

# Welcome to McDowell Farm School!

Here at the farm, we believe that experiential education, through inquiry and self discovery leaves long lasting impressions and deeper understanding across all content areas. Using sustainable farming as a lens, students are reintroduced to food. From feeding a chicken, to collecting an egg, to making a frittata, students become immersed in our food system. They make connections between their choices at home and the large-scale systems that work to feed us every day. As active participants on our farm, students leave with a deeper understanding of and appreciation for the time, planning, energy, and emotion that goes into food production.



On the farm, students are encouraged to explore, ask questions, and arrive at their own conclusions through experience. Our multi-day, overnight program allows students to carry over concepts from class to class, creating a cohesive understanding of the science of sustainable farming. Students share living and dining spaces, complete projects as a team, and are asked to support one another through new challenges.

Our classroom extends beyond the walls of our teaching kitchen, beyond our 40 acres of gardens and fields, and even beyond the 1,140 acres of forests, streams and canyons of McDowell! We make the world our classroom and our place to discover.

Once you contact us and confirm your trip, we will guide your planning process. **Please read through this packet very thoroughly as the first step in planning your trip.** If you plan to bring multiple grade levels, consult with us about how to provide different classes for each grade level. Each class variance allows students who are returning to receive new information and experiences.

Materials in this packet may be duplicated to ensure that your students, parents and chaperones are well informed. Chaperones are vital to making this trip go smoothly, so we strongly encourage you to select those individuals carefully. Notice the pages to print out and send home to parents and chaperones.

We look forward to creating a unique learning experience for you and your students. If you are new to our program, please feel free to request an informative presentation for your teachers, parents and/or students.

Please email [farmschool@campmcdowell.org](mailto:farmschool@campmcdowell.org) or call 205-387-1806 ext. 105 with any questions you have.

Scotty Feltman, Director

# PROGRAM DETAILS

## Lodging

McDowell Farm School (MFS) has nine cabins with heating and air conditioning. All cabins are universally designed and accessible for everyone. **Each cabin sleeps a total of 24 people**, has individual showers and toilet stalls, and has a designated storm shelter. Separate lodging for teachers is available if enough parents are brought as chaperones for cabins.

## Meals

Meals are prepared and served by our talented food service staff and served family style in the Doug dining hall. Special dietary needs can usually be accommodated with advance notice and planning.

## The Lead Teacher's Role

Most of the Lead Teacher's responsibilities deal with pre-trip preparations. The enclosed *Contract* (pg. 16) lists your responsibilities and the *Lead Teacher Timeline* (pg. 10) helps you to sequence them. During the program we encourage you to be a participant, learning along with your students.

## Our Staff

Our experienced staff are professional educators and work with you throughout the entirety of your program. We plan, teach, and supply materials for all activities and classes. Our instructors are trained in a student-centered approach to education.

## Making a Reservation

To make a reservation, please contact the Farm School Director (farmschooldirector@campmcdowell.org). For new schools, a non-refundable confirmation fee is required within 2 weeks of your request to be placed on the calendar. For reservations of 50 or fewer students, the fee is \$150; more than 50 students is \$250. **The confirmation fee is waived for annually returning schools.** If you are bringing a group of 50 students or less, you might have another school attending with you, but you will not share cabins. Since most schools return annually to McDowell Farm School, we do our best to offer corresponding dates for your trip from year to year unless different dates are requested. We try to honor all date requests; however, this is not guaranteed.

## Cancellation Policy

An accurate count of student participants is due at least 60 days prior to your scheduled trip date. Once the 60 day deadline has passed, the school is responsible for a payment of 75% of the number of reserved participants. Payment is due within 30 days of cancellation. Groups are expected to bring the number of participants indicated at the time of registration. McDowell Farm School allows for a 10% reduction in group size from the reserved amount without penalty. For decreases greater than 10%, the group will be billed 50% of the no-show registrants' fees.

## Health Information

We make every reasonable effort to ensure the health and safety of your students while they are here. Camp McDowell has two full time nurses that take great pride in the care of our students. **To meet our health and safety goals, it is important that your Health Forms arrive at the center 21 DAYS PRIOR to your arrival.** If your forms do not arrive seven days before your visit, you may be responsible for handling ALL medications on the first day until the nurse, kitchen, and program staff can be updated on relevant health concerns. **\*All overnight participants (including chaperones and teachers) must**

**complete and sign our Health Form to participate in McDowell Farm School activities.**

*If you have the bulk of your forms completed and are waiting on one or two, it is much easier for us to receive most forms on time than to accommodate late form arrivals.*

### **Students with Special Needs**

We can customize our classes to make them fun and accessible for most students with cognitive or physical limitations. Please discuss any special needs with us **ahead of time** so that we can be prepared to meet them. Our cabins are accessible for people in wheelchairs.

### **Chaperones**

There must be a minimum of one adult chaperone for each field group, and a minimum of one adult chaperone to supervise each cabin. MFS recommends a **1:10 adult/student ratio including teachers, and a maximum of 3:10**. We have found that too many chaperones detract from the experience for the children. Chaperones can help make your trip easier, but if not chosen properly, they can make it more difficult. Please see the next page for helpful hints on choosing the appropriate chaperones for this trip.

### **Cellphones**

We ask teachers to please collect all cell phones from students upon arrival to camp. It is part of our mission to build community connections, and phones are a distraction in the dining hall and during class. Thank you for your support.

### **Recreation**

Recreation and rest time is ***supervised by teachers and chaperones***. A variety of optional activities are available and will be discussed while planning your program.

### **Teacher Credit**

McDowell Farm School is a PowerSchool (Previously AMSTI) affiliate and provides people of all ages the vital tools needed to understand the environment in which they live. Teachers are given a certificate, reflecting the time spent in classes and activities at MFS, which most school systems accept for professional development credit.

### **Journaling**

Journaling is a great way for students to record and reflect on their experience on the farm. School groups are encouraged to bring their own journals for each participant whether they take our Nature Journaling class or not! If you are interested, please work with our Program Coordinator to determine the best way to implement journaling throughout your entire program.

### **Curriculum**

Our curriculum is cultivated as the farm grows and evolves. Alabama's history is rich in agriculture, and science is necessary in developing sustainable systems to grow food. Our classes are correlated to the Alabama Course of Study and to the science standards for grade levels K-12. A correlations chart is available upon request. We are also flexible and would love to discuss ways in which we can correlate our daily activities on the farm with what you are doing in the classroom with your students.

## **SAMPLE 3 DAY SCHEDULE**

Students spend over 15 hours of class time with us over three days during our program.

### **DAY ONE**

10:00	Arrive at Camp McDowell- buses are greeted at the Camp Store
10:15-11:45	Unload buses, move into cabins & go to the Welcome Meeting
12:00-12:45	Lunch
1:00-4:00	Afternoon class
4:00-4:30	Canteen Snack
4:30-6:00	Recreation time: Supervised by School Teachers and Chaperones
6:00- 6:45*	Supper
7:15- 8:45	Evening Program & Snack

### **DAY TWO**

8:00-8:45	Breakfast
9:00-11:45	Morning Class
12:00-1:00	Lunch
1:00-4:00	Afternoon Class
4:00-4:30	Canteen Snack & Gift Shop
4:30-6:00	Recreation time: Supervised by School Teachers and Chaperones
6:00- 6:45*	Supper
7:15- 8:45	Evening Program & Snack

### **DAY THREE**

7:15	Clean up and move out of cabins
8:00-9:00	Breakfast
9:00-12:00	Morning Class
12:00-1:00	Lunch
1:00	Depart

\*During Daylight Savings, dinner will be served at 5:30 pm and the night program will begin at 6:45 pm.

**Arrivals & Departures:** We would like schools to arrive by 10:00am on Monday or 11:00 am on Wednesday. Suggested departure is 1:00 pm, after lunch on the final day. If you cannot arrive/depart at that time, please arrange times with the Program Coordinator.

## **Helpful Hints for Choosing Chaperones**

*Your chaperones can either make your trip easier or more difficult. Therefore, it is worthwhile to take the time to choose chaperones carefully! The following are some criteria you might consider in making your selections:*

**Do they enjoy the outdoors?** Our classes are held outdoors rain or shine. We encourage getting wet and muddy. If the chaperone is not enthusiastic about being outside, they will lessen the students' experience.

**Are they a positive role model for the whole group?** Are they going to set a good example to the students in terms of their own values, behavior, and attitude?

**Is this person physically fit?** The classes at MFS are active. Most of them require walking and working on the farm. Participation is encouraged, and chaperones must be able to keep up with the students.

**Do they want to help out for the right reasons?** Some chaperones may see this as a vacation or as time to spend alone with their child. In reality it will be a lot of work. They will be with the students all day and all night. Sometimes they might be the only chaperone supervising a group of students. Make sure they are committed to being on the trip for all of the students and to taking an *active* role in supervision.

**Have they worked with groups of children before?** Taking care of one's own child is different from supervising a whole group. Different skills are required. Having some adults with previous experience could be helpful. Examples: scout troops, youth groups, school trips, boys and girls clubs, coaching, etc.

## **Additional Helpful Hints**

**We recommend no more than three adults per farm crew.** From our experience, we have found that too many chaperones detract from the experience for the children. In this case, sometimes the main emphasis shifts away from supervising the students to socializing with other chaperones. We have found that some students are distracted by their own parents and are more likely to participate when their parents are not immediately present. Also, too many chaperones can lead to the "someone else is watching them" syndrome, which means that no one is supervising the students.

We suggest assigning **two adults per cabin when possible. Consider asking parents to complete an application** if they are interested in being a chaperone. This can help you make a well-informed decision about who to choose.

# **Lead Teacher Organizational Timeline**

## **As Soon As Possible:**

- Email, fax, fill out online, or mail your Reservation Confirmation to secure dates.
- New Schools: submit a confirmation deposit within two weeks of your Reservation Confirmation.
- Arrange parent and/or student orientation meeting at your school. We are happy to attend!
- Recruit physically active chaperones - at least one for every farm crew and cabin.
- Arrange transportation.
- Some schools find it helpful to get a parent helper plan and gather paperwork.
- Collect deposits from students to secure their spot on the trip (suggested).

## **3 Months Prior:**

- Email, fax, fill out online, or mail the completed 2 Page Program Contract with trip details.
- Send the Student and Parent Health Forms, Parent Letter and Packing List home.
- Continue collecting payment from students and chaperones.

## **1 Month Prior:**

- Complete and send the following information to the Program Coordinator:
  - Completed Farm Crew Form*
  - Completed Cabin Assignment Form*
- Confirm your final participant numbers with the Program Coordinator.
- Collect Health Forms, Liability Waivers, and fees from participants.
- Arrange a meeting with your chaperones to prepare them for trip expectations.

## **3 Weeks Prior:**

- Send the following information to the Program Coordinator:
  - Completed Health Forms for all participants*
  - Completed Liability Waivers for all participants*
  - Any updates or changes for trip information*

## **1 Week Prior:**

- Contact Program Coordinator by email or phone to check for last minute updates and details.
- Meet with students and discuss how to be prepared for their trip.

# **Morning of the Trip!**

## **At School:**

- Collect all medicines and be sure they are in original containers and labeled.
- Be sure everyone has bedding, appropriate clothes for weather, and water bottles.
- Take a headcount!

## **At McDowell Farm School:**

- Meet our staff greeters at the Camp Store, give any group or cabin changes to staff.
- Turn in all medicines to medical staff.**
- Help students get settled into their cabins.
- Join the teacher/chaperone meeting, relax and have a great time at McDowell Farm School!

# MCDOWELL FARM SCHOOL CURRICULUM GUIDE

Our program is a mixture of core classes and additional day and night classes chosen by the lead teacher. We are flexible and fluid, changing with the plants, animals, and seasons!

## Program Objectives

- Engage student curiosity.
- Lay a strong foundation for meaningful inquiry based learning.
- Encourage careful observation that leads to evidence based problem solving.

<b>CORE CLASSES</b>	
Length can be adjusted to fit specific interest in topics/themes	
<b>Farm to Table</b>	<b>Plant It, Earth</b>
<b>Farm Fauna</b>	<b>Food for Thought (meal time)</b>

In addition to the core classes, teachers will select **ADDITIONAL CLASSES**

<b>Big, Bug World!</b>	<b>Farm Ecology</b>
<b>Nature Journaling</b>	<b>Wilderness Transformed</b>
<b>SustainAbility</b>	<b>Hard at Work</b>
<b>Nature Hike</b>	<b>Canoeing</b>

And two **NIGHT PROGRAMS**

<b>Night Hike</b>	<b>Alabama Unplugged</b>	<b>Community Council</b>
<b>Campfire</b>	<b>Barn Dance</b>	<b>Livestock Lullabies</b>

## McDowell Farm School Class Overview

Please read through this guide of classes to get an idea of the programs we have to offer. Classes can be adapted to meet your needs and objectives!

### Core Classes

#### **Farm to Table**

Discover the energy needed to transfer produce from the field to the table. Students harvest farm-grown produce and get creative by preparing a seasonal dish.

#### **Objectives:**

- Create confidence in proper harvesting, cleaning, and cooking skills.
- Food exploration through taste tests
- Explore the science behind food preparation.
- Compare resources used in local versus conventional food systems and the impact of our food choices.

Key Terms: Harvest, Nutrients, Energy, Health, Food System, Nutrition, Calories, Protein, Food Safety, Cooking, Mealtime

## **Farm Fauna**

Investigate the roles animals play on the farm by identifying and meeting their daily needs. Students compare our goats, chickens, and pigs and explore the animals' vast impacts on food production, environmental health, and human health.

### **Objectives:**

- Understand and meet daily needs of farm animals (Chores).
- Create connections with farm animals.
- Compare animal life cycles, anatomies, functions, and behaviors on the farm.
- Explore and create ideal habitats to meet the needs of farm animals.

Key Terms: Respect, Niche, Physical and Behavioral Adaptations, Pasture Rotation, Sustainability, Anatomy, Habitat

## **Plant It, Earth!**

Unearth the secrets of soil! Students get their hands dirty exploring what soil is made of, and how soil health directly affects plant health. Students complete a planting project as a team.

### **Objectives:**

- Investigate the flow of energy and nutrients that cycle from soil to plants to people.
- Find out what plants need to survive and flourish on a farm.
- Discover that soil is alive by exploring the interconnected ecosystem beneath our feet.
- Contribute to the farm by planting seasonal produce to be harvested by future classes.

Key Terms: Soil, Compost, Decomposition, Cover Crop, Photosynthesis, Micro-organisms, Fungi, Bacteria, Ecosystem, Nutrients

## **Food for Thought (Meal Time Class)**

Conservation principles are put into practice at the table. Students are empowered to make big change through small, personal choices.

### **Objectives:**

- Measure the food we throw into a landfill.
- Discuss the impact of our choices to reduce food waste and conserve energy.
- Create solutions to reduce food waste and the demand for natural resources needed for food distribution.

Key Terms: Food Waste, Choice, Conservation, Energy, Compost, Landfill, Recycling

## **Optional Classes**

### **Big, Bug World**

From honey bees to potato beetles, discover the diverse insect populations that live and work on the farm. Students compare and contrast beneficial insects versus pests in the garden by examining the anatomy, niche, and complex social structures of the bugs they find.

### **Objectives:**

- Collect insects and compare body structures, behaviors, and impacts on the farm.
- Find evidence to determine which insects are beneficial and which are pests.
- Create solutions that can be used to attract beneficial insects and minimize pests.

Key Terms: Beneficial Insect, Pest, Adaptation, Niche, Decomposer, Pollinator, Predator, Herbivore, Carnivore, Omnivore, Invertebrate, Head, Thorax, Abdomen

### **Farm Ecology** (*Best paired with 1 ½ Farm Fauna*)

Discover the farm in order to piece together the relationships between food, farming, and our land! Students gain an introduction to sustainable agriculture and the interactions between systems at work.

#### **Objectives:**

- Observe interdependent relationships and connections between the plants and animals in the dynamic farm habit.
- Analyze the resources needed to produce food on a farm and distribute into food systems.
- Evaluate the impacts of agriculture and our choices on our natural world.

Key Terms: Ecology, Habitat, Sustainable, Biodiversity/Crop Diversity, Natural Resource

### **Nature Journaling**

Observe favorite aspects of the farm and document the findings! Students use journaling activities to examine, describe, and evaluate life on the farm and in the forest to build appreciation and promote creativity.

#### **Objectives:**

- Observe the details of our farm and forest habitats through sensory awareness.
- Discover new perspectives to connect to our surroundings.
- Explore and reflect to promote deeper creative expression.

Key Terms: Observation, Detail, Sense, Perspective

### **Wilderness Transformed**

Hike through the surrounding woods, streams, and canyons to discover the connection between the farm and the forest. Students evaluate the impacts of agriculture on our natural world.

#### **Objectives:**

- Compare the different ways the forest and the farm provide essential resources.
- Debate the impacts of farming on our natural resources.
- Discuss our role in the history, transformation, and future of agriculture.

Key Terms: Habitat, Hunter-Gatherer, Perspective, Viewpoint, Companion Planting

### **SustainAbility**

Debate the definition of “sustainability” and assess the farm’s sustainable land management systems. Students follow the flow of energy through composting, rainwater harvesting, reuse of materials, and alternative energy systems to brainstorm how to create positive change in their communities.

#### **Objectives:**

- Compare and contrast open versus closed systems on the farm.
- Discover opportunities to reduce waste and continue the flow of energy on the farm.
- Create sustainable solutions to conserve energy and make a positive impact in our communities and the surrounding ecosystem.

Key Terms: Energy, Potential, Kinetic, Open Systems, Closed Systems, Electricity, Conservation, Sustainable, Natural Resources, Renewable Energy, Non-Renewable Energy,

## **Hard At Work**

Take part in seasonal, project based learning on the farm. Students work as a team to set goals, problem solve challenges, and build confidence throughout the process. Additional objectives for projects are identified with each individual school!

### **Objectives:**

- Identify farm challenges and create solutions.
- Set goals and strategies to complete steps of projects.
- Brainstorm or design ways to implement improvement projects at the farm and in communities back home.

Key Terms: Goals, Communication, Problem Solving, Creativity, Community

## **Nature Hike**

Explore the creeks, streams, and woods of McDowell. Students take time to discover unique trails, plants, animals and insects in the forest.

### **Objectives:**

- Through guided exploration students develop a sense of place and connection to our environment.
- Foster appreciation for southern deciduous forests.
- Awareness of resources available in the forest and their uses to humans and animals.

Key Terms: Watershed, Natural Resources, Exploration, Sensory Awareness, Trees, Stewardship

## **Canoeing**

Experience the beauty of canoeing on Sloan Lake! Students build communication skills while learning how to canoe. All students must wear a life jacket and be prepared to get wet!

### **Objectives:**

- Guided exploration develops sense of place and connection to our environment.
- Students must work together and communicate to canoe successfully.

Key Terms: Bow, Stern, Paddle, Teamwork, Watershed, Communication, Safety

## **Evening Programs**

### **Campfire**

Everyone spends a fun evening full of singing, dancing, laughing and storytelling around the fire, engaging with each other and our local, traditional folk arts!

### **Objectives:**

- Have fun without using electricity.
- Pass on traditions through oral history and storytelling.
- Experience culture through song, dance and creative activities.

### **Night Hike**

Use your senses in a nocturnal setting, seeing the farm and forests from a different perspective! Students explore the surrounding woods, creatures, and night sky.

### **Objectives:**

- Discover special adaptations that allow creatures to be successful in the absence of light,

including humans.

- Measure activity from day to night on the farm.
- Observe the moon, constellations, stars, and galaxy in the night sky.

## **Alabama Unplugged**

Explore Alabama history and culture through traditional life skills such as candle making, rope spinning, discovering technology with a crosscut saw and other tools, making butter, and playing games.

### **Objectives:**

- Discuss technology from the past that made life easier, comparing how different tools have changed over time.
- Evaluate the impact and evolution of technology on cultural southeastern traditions.
- Create handmade items.

## **Barn Dance**

Organized and free style dancing to folk and modern music. Students experience a fun, energizing, and community-building night of dancing, learning, and self-expression.

### **Objectives:**

- Learn a specific style of dance that has strong roots in Alabama.
- Gain an awareness of folk arts.
- Expression of self through dance

## **Community Council**

Through problem solving, discussion and collaboration the council must persuade their fellow neighbors to get on board with their ideas. Students apply concepts learned on the farm, take on various roles, each with different perspectives and interests in the land, and debate possible management options.

### **Objectives:**

- Assess land management options
- Develop persuasive arguments justifying the decisions in a land proposal
- Consider different perspectives and opinions with respect to others' viewpoints

## **Livestock Lullabies**

Students experience the farm at night by taking care of the animals, learning about their nighttime habits, and enjoying the peacefulness surrounding the farm at night.

### **Objectives:**

- Discover special adaptations that allow creatures to be successful in the absence of light, including humans.
- Measure activity from day to night on the farm.
- Review animals needs; sing a song to animals to conclude class and demonstrate care.

**School Led Program:** Lead teachers create and lead their own night program with students.

# McDowell Farm School Program Contract

EMAIL to farmschool@campmcdowell.org or Fax to 205-221-3454 Attn: Farm School Coordinator

*Please email or fax this contract 3 MONTHS prior to your visit.*

School: \_\_\_\_\_ Grade(s): \_\_\_\_\_ Reserved dates: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Lead Teacher: \_\_\_\_\_ Email: \_\_\_\_\_

School Phone: (\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_

Secondary School Contact: \_\_\_\_\_ Email: \_\_\_\_\_

**Arrival time:** \_\_\_\_\_ (recommend Mon 10am / Wed 11am) **Departure time:** \_\_\_\_\_ (recommend 12:45pm)

**How will your group be arriving?** (#'s if known) \_\_\_\_\_ Bus(es) \_\_\_\_\_ Car(s)

**STUDENTS:** # of boys: \_\_\_\_\_ # of girls: \_\_\_\_\_ Total # of STUDENTS: \_\_\_\_\_

**\*ADULTS:** # of men: \_\_\_\_\_ # of women: \_\_\_\_\_ Total # of ADULTS: \_\_\_\_\_

**\*Please include ALL Teachers & Chaperones in the Adult numbers** **TOTAL #:** \_\_\_\_\_

# **FARM CREWS:** \_\_\_\_\_ # **BOYS CABINS:** \_\_\_\_\_ # **GIRLS CABINS:** \_\_\_\_\_  
(10-12 students/group) (24 beds/cabin) (24 beds/cabin)

**Do you need a separate Cabin/Lodge (circle preference) for teachers?** If so, for how many? \_\_\_\_\_

**Are you having a mandatory chaperone meeting ahead of your trip?** Y / N

(Let us know if you need us to help.)

**RESPONSIBILITIES OF THE FARM SCHOOL:** Assist with pre-trip planning; provide complete educational programming; inform participants of their responsibilities, camp rules and emergency procedures; prepare meals and evening snacks; clean and maintain facilities and grounds; and provide a safe and wholesome atmosphere.

**RESPONSIBILITIES OF THE LEAD TEACHER:** Make a reservation, submit confirmation fee and return contract; arrange transportation; arrange for one physically-able chaperone for each cabin and field group; communicate with students, parents and chaperones about the trip; collect fees, medicines; mail health forms at least 3 weeks prior to your trip; email/fax field and cabin group lists; participate in the program with chaperones and students; and submit final payment.

**DAMAGE:** The Center reserves the right to send home any child who becomes ill, destroys property, behaves aggressively, or takes any other action detrimental to other students or the program. The school will be responsible for providing transportation in such cases and for any damage to the facilities and equipment. No refunds will be made under these conditions. **The Farm School cannot be held responsible for loss or damage to property brought to McDowell. Please encourage students to leave valuables and large amounts of cash at home.**

**INVOICE:** On your last day at McDowell, we will give you an invoice for the balance of your payment. **Payment is due within 30 days of your trip dates.**

**I agree to the terms of this contract and agree that my group will abide by all McDowell policies.**

\_\_\_\_\_  
Signature of Lead Teacher

\_\_\_\_\_  
Date

**\*Please complete the next page\***

# Program Contract: Class Options

**3-day program:** Choose 12 hours of daytime classes & 2 night programs  
Designate 1.5 or 3 hour options when applicable.

**All school groups take three CORE CLASSES. Please circle Farm Fauna CLASS LENGTH**

## CORE CLASSES

<b>Plant it, Earth!</b>	3 hrs	<b>Farm to Table</b>	3 hrs	<b>Farm Fauna</b>	1.5 or 3 hrs
-------------------------	-------	----------------------	-------	-------------------	--------------

Select additional classes to complete your 12 hours of class time

## OPTIONAL CLASSES

<b>Big, Bug World</b>	1.5 hrs	<b>Farm Ecology</b>	1.5 hrs
<b>Hard at Work</b>	1.5 or 3 hrs	<b>Sustainability</b>	1.5hrs
<b>Nature Journaling</b>	1.5 hrs	<b>Nature Hike</b>	1.5 hrs
<b>Canoeing on Sloan Lake</b>	1.5 hrs	<b>Wilderness Transformed</b>	1.5 or 3 hrs

**Evening Program Selections:** Please rank your preferences, as the weather can be a factor

<input type="checkbox"/> Campfire	<input type="checkbox"/> Barn Dance	<input type="checkbox"/> Community Council
<input type="checkbox"/> Night Hike	<input type="checkbox"/> Alabama Unplugged	<input type="checkbox"/> Livestock Lullabies

***The following information will help staff have a better understanding of your group needs.***

1. Have any of your teachers and chaperones attended the Farm School before? \_\_\_\_\_
2. Have any of your students attended the Farm School before? \_\_\_\_\_ If so, how many? \_\_\_\_\_
3. Does your school have an outdoor garden/classroom? If so, what is your students' participation in that program? \_\_\_\_\_

What specific **student needs** should we be aware of? (i.e. social/emotional/behavioral concerns, severe allergic reactions, physical limitations, learning needs, etc.)

Please list any **objectives** or **goals** that you would like to emphasize while you are here:

## Farm Crew Assignment List

*\*Please confirm the number of field groups your school will be allotted with MFS before creating this list\**

- Assign 10 to 12 students and at least 1 adult to each farm crew.
- At least one adult must be with a farm crew at all times.
- If you are bringing multiple grade levels, group by grade level.
- If teachers are “floating” and not assigned to a group, please list all teachers’ names on the bottom.

Please email or fax to Farm School Coordinator **1 MONTH** prior to trip  
*farmschool@campmcdowell.org*

Farm Crew #1	Farm Crew #2	Farm Crew #3	Farm Crew #4
1. STUDENT NAME	1. STUDENT NAME	1. STUDENT NAME	1. STUDENT NAME
2. STUDENT NAME	2. STUDENT NAME	2. STUDENT NAME	2. STUDENT NAME
3. STUDENT NAME	3. STUDENT NAME	3. STUDENT NAME	3. STUDENT NAME
4. STUDENT NAME	4. STUDENT NAME	4. STUDENT NAME	4. STUDENT NAME
5. STUDENT NAME	5. STUDENT NAME	5. STUDENT NAME	5. STUDENT NAME
6. STUDENT NAME	6. STUDENT NAME	6. STUDENT NAME	6. STUDENT NAME
7. STUDENT NAME	7. STUDENT NAME	7. STUDENT NAME	7. STUDENT NAME
8. STUDENT NAME	8. STUDENT NAME	8. STUDENT NAME	8. STUDENT NAME
9. STUDENT NAME	9. STUDENT NAME	9. STUDENT NAME	9. STUDENT NAME
10. STUDENT NAME	10. STUDENT NAME	10. STUDENT NAME	10. STUDENT NAME
11. STUDENT NAME	11. STUDENT NAME	11. STUDENT NAME	11. STUDENT NAME
12. STUDENT NAME	12. STUDENT NAME	12. STUDENT NAME	12. STUDENT NAME
13. Chaperone	13. Teacher Name	13. Chaperone	13. Chaperone
14. Teacher Name	14. Chaperone	14. Chaperone	14. Chaperone

Teachers floating between groups: \_\_\_\_\_

# Cabin Assignment Lists

*\*Please confirm the number of cabins your school will be allotted with MFS before creating this list\**

- Each cabin holds up to **24** beds.
- At least one adult must be assigned to each cabin.
- If you are bringing multiple grade levels, group cabins by grade level.
- Separate lodging may be requested for teachers who are not needed for cabin supervision.

Please email or fax to Farm School Coordinator **1 MONTH** prior to trip

[farmschool@campmcdowell.org](mailto:farmschool@campmcdowell.org)

<b>Girls Cabin #1 (24 beds)</b>	<b>Girls Cabin #2 (24 beds)</b>	<b>Boys Cabin # 1 (24 beds)</b>	<b>Boys Cabin #2 (24 beds)</b>
1. STUDENT NAME	1. STUDENT NAME	1. STUDENT NAME	1. STUDENT NAME
2. STUDENT NAME	2. STUDENT NAME	2. STUDENT NAME	2. STUDENT NAME
3. STUDENT NAME	3. STUDENT NAME	3. STUDENT NAME	3. STUDENT NAME
4. STUDENT NAME	4. STUDENT NAME	4. STUDENT NAME	4. STUDENT NAME
5. STUDENT NAME	5. STUDENT NAME	5. STUDENT NAME	5. STUDENT NAME
6. STUDENT NAME	6. STUDENT NAME	6. STUDENT NAME	6. STUDENT NAME
7. STUDENT NAME	7. STUDENT NAME	7. STUDENT NAME	7. STUDENT NAME
8. STUDENT NAME	8. STUDENT NAME	8. STUDENT NAME	8. STUDENT NAME
9. STUDENT NAME	9. STUDENT NAME	9. STUDENT NAME	9. STUDENT NAME
10. STUDENT NAME	10. STUDENT NAME	10. STUDENT NAME	10. STUDENT NAME
11. STUDENT NAME	11. STUDENT NAME	11. STUDENT NAME	11. STUDENT NAME
12. STUDENT NAME	12. STUDENT NAME	12. STUDENT NAME	12. STUDENT NAME
13. STUDENT NAME	13. STUDENT NAME	13. STUDENT NAME	13. STUDENT NAME
14. STUDENT NAME	14. STUDENT NAME	14. STUDENT NAME	14. STUDENT NAME
15. STUDENT NAME		15. STUDENT NAME	15. STUDENT NAME
16. STUDENT NAME			16. STUDENT NAME
17. STUDENT NAME			17. STUDENT NAME
18. STUDENT NAME			18. STUDENT NAME
19. STUDENT NAME			19. STUDENT NAME
20. STUDENT NAME			20. STUDENT NAME
<b>21. Chaperone</b>	<b>15. Chaperone</b>	<b>16. Chaperone</b>	<b>21.Chaperone</b>
<b>22. Chaperone</b>	<b>16. Chaperone</b>	<b>17. Chaperone</b>	<b>22. Chaperone</b>

**Teachers staying in separate teacher lodging:** \_\_\_\_\_



## PARENT LETTER

McDowell Farm School  
105 DeLong Road  
Nauvoo, AL 35578

**Dear Parent or Guardian,**

Here at the farm, we believe that experiential education, through inquiry and self discovery leaves long lasting impressions and deeper understanding across all content areas. Using sustainable farming as a lens, students are reintroduced to food. From feeding a chicken, to collecting an egg, to making a frittata, students become ingrained in our food system. They make connections between their choices at home and the large-scale systems that work to feed us every day. As active participants on our farm, students leave with a deeper understanding of and appreciation for the time, planning, energy, and emotion that goes into food production.

On the farm, students are encouraged to explore, ask questions, and arrive at their own conclusions through experience. Our multi-day, overnight program allows students to carry over concepts from class to class, creating a cohesive understanding of the science of sustainable farming. Students share living and dining spaces, complete projects as a team, and are asked to support one another through new challenges.

Our classroom extends beyond the walls of our teaching kitchen, beyond our 40 acres of gardens and fields, and even beyond the 1100 acres of forests, streams and canyons of McDowell! **We make the world our classroom and our place to discover.**

**Listed below** are a **few important items worth emphasizing** about your child's upcoming visit to **ensure their safety and comfort.** Please read the information below carefully.

**Appropriate Clothing:** Living and learning on a farm can be messy business and because **we spend most of our time outdoors (even in the rain and cold)**, please be sure to pack appropriate clothing for your child. Help your child be prepared with clothing for all kinds of weather as indicated on the **"Packing List."** In truly inclement weather, we have ample indoor teaching space.

**Student Health Form:** For your child's well being, please complete the attached Student Health Form and return it to your child's teacher on time. ***Any student without a completed and signed medical form may not attend McDowell Farm School.*** It is important that both pages of the form are completed and signed. **Please pay special attention to the allergy section, especially food and animal,** as we want to insure a safe and fun learning experience for all students.

**Medications:** Please follow instructions for **sending medications** and do not send unlabeled medications. *For special conditions, including severe allergies requiring an allergy injection, contact our Program Nurse for McDowell Farm School at 205.387.1806 ext. 119 or farmnurse@campmcdowell.org.*

If you have any questions or concerns about our program, personnel, or facilities, please contact us directly. We more than happy to take your calls!

Scotty Feltman, Director

farmschooldirector@campmcdowell.org  
205.387.1806 ext. 106

# McDowell Farm School

105 Delong Rd Nauvoo, AL 35578  
mcdowellfarmschool.org

Phone: 205.387.1806  
Fax: 205.221.3454

## OVERNIGHT STUDENT PACKING LIST

### Parents and Students, please be sure to

1. Limit yourself to one suitcase or duffel bag and a rolled up sleeping bag. You will carry your belongings from the bus to your cabin!
2. Put your name on everything.
3. Bring OLD clothes and shoes! **PLEASE REMEMBER, STUDENTS WILL BE ON A FARM!**
4. Pack a raincoat or poncho (and warm clothes if applicable). They are essential because classes are held rain or shine.

### REQUIRED:

(Please adjust for longer/shorter stay)

- Reusable Water Bottle
- Raincoat or poncho (A MUST!!)
- Sleeping bag/sheets & blankets (single)
- Hat or visor
- 4 Pair of socks
- 3 Underwear
- 3 Shirts
- 2 Pants
- 1-2 Shorts
- Jacket (for cool evenings)
- Heavy shirt (sweatshirt)
- Pajamas
- Towel & washcloth
- Laundry bag
- Toiletries
- Pillow
- Sunscreen
- 2 pairs old sneakers/boots (1 to get wet and muddy, 1 to hike and play)
- Small backpack

### COOL WEATHER ADDITIONS:

Wool and synthetic clothing work best  
Plan to layer so you can shed layers

- Coat
- Long underwear
- Warm hat
- Gloves
- Thick socks

### OPTIONAL ITEMS:

- Camera
- Flashlight
- Camp Store Money
- Rain Boots
- Shower Sandals
- Natural Bug Repellent (DEET free)
- Bandana or cloth napkin
- Cloth bag for dirty clothes

### LEAVE AT HOME:

Electronics, gum, candy, weapons, toys

# McDowell Farm School

## STUDENT HEALTH FORM

All information is confidential. **PLEASE PRINT NEATLY!**

This form must be filled out by the student's **PARENT or LEGAL GUARDIAN!**

Student name: (Last)	(First)	(Middle)	Date of Birth:	Sex:
Age:	Grade:	Height/Weight:	Preferred name (if different from above):	
Address:		City:	State:	Zip Code:
Parent/Guardian name: (Last)			(First)	
			Relationship to student:	
Cell Phone:		Work Phone:		Email Address:
Other Emergency Contact: (Last)			(First)	
			Relationship to student/Phone Number:	
Primary Physician:			Physician Phone:	

Is student on a special diet? Y / N If so, please explain what they CAN eat as well as what they CANNOT eat:

---

**\*\*If special foods must be sent with your child,  
please contact the Farm School Program Coordinator at 205-387-1806, ext 105 or  
farmschool@campmcdowell.org\*\***

### ALLERGY INFORMATION

To the best of your knowledge does your child have any allergies? **YES / NO** (Please circle one)  
If YES was circled, please indicate to which of the following your child is allergic. Please be specific:

FOODS:	
PLANTS:	
MEDICINE ALLERGIES:	
ANIMALS:	
INSECTS:	
OTHER:	

Please indicate what treatment your child should receive if exposure occurs (Any medications to which your child is allergic will NOT be given):

---

**\*\* If your child is bringing an EPI-PEN,  
you MUST contact the Farm School Nurse at [farmnurse@campmcdowell.org](mailto:farmnurse@campmcdowell.org)**

ADDITIONAL HEALTH CONCERNS: \_\_\_\_\_

**PLEASE READ, COMPLETE and SIGN PAGE 2 OF THIS FORM!!**

**STUDENT MEDICATIONS WHILE at MCDOWELL Farm School:**

- All medications must be in their original container with the student’s name and school written on the container.
- There must be clear directions on when &/or why to give the medication.
  - NOTE: “Give as Directed” is not acceptable
- The container must specify the strength and dose of the medication.
- If it is an Over-The-Counter medication it must be age-appropriate and will be given following manufacturer recommendations. If it is not recommended for your child’s age and your child’s Healthcare provider prescribed it then a note from that provider must be sent with the OTC medication.

**PRESCRIPTION MEDICATIONS:**

ALL MEDICATION IS ADMINISTERED BY A LICENSED NURSE, EMT OR AUTHORIZED SCHOOL PERSONNEL. Add additional sheet, if necessary.

List all prescription medications that you will send with your child. Circle the time(s) to administer this medicine to the child, choosing from the following: **B\***= Before Breakfast, **B**= After Breakfast, **L**= After Lunch, **C**=Canteen (4PM), **D**= After Dinner, **HS**= At Bedtime  
 \*If a time is not selected, medicines will be given after breakfast.

Medication:	Dosage:	Reason:	Time Given: <b>B* B L C D HS</b>
Medication:	Dosage:	Reason:	Time Given: <b>B* B L C D HS</b>
Medication:	Dosage:	Reason:	Time Given: <b>B* B L C D HS</b>
Medication:	Dosage:	Reason:	Time Given: <b>B* B L C D HS</b>

**OVER THE COUNTER (OTC) MEDICATIONS:**

ALL OTC MEDICATIONS MUST BE PROVIDED BY PARENTS/LEGAL GUARDIANS OF THE STUDENT.

Circle “As Needed Only”, if medication is not taken daily.

Medication:	Dosage:	Reason:	Time Given: <b>B* B L C D HS</b> <b>As Needed Only</b>
Medication:	Dosage:	Reason:	Time Given: <b>B* B L C D HS</b> <b>As Needed Only</b>
Medication:	Dosage:	Reason:	Time Given: <b>B* B L C D HS</b> <b>As Needed Only</b>
Medication:	Dosage:	Reason:	Time Given: <b>B* B L C D HS</b> <b>As Needed Only</b>

**In the event of unexpected illnesses, our Nurse/EMT will have limited OTC medicines available for your child-  
 Which of the following medicines do you permit to be given to your child by our Nurse/EMT?**

**Ibuprofen:** Yes\_\_ No\_\_ **Acetaminophen:** Yes\_\_ No\_\_ **Benadryl:** Yes\_\_ No\_\_ **Cough Drops:** Yes\_\_ No\_\_ **Tums:** Yes\_\_ No\_\_

**PHOTO RELEASE**

"I give my permission for any photos or videos taken of my child or any artwork and writing made by my child during educational programs at Camp McDowell to be used for the public relations of the program." (Please note if you DO NOT give photo release permission)

**MEDICAL AUTHORIZATION AND RELEASE**

"I AUTHORIZE THE NURSE, AUTHORIZED SCHOOL PERSONNEL, OR AUTHORIZED CAMP STAFF THE TASK OF ASSISTING MY CHILD IN TAKING THE ABOVE MEDICATIONS.I GIVE THE NURSE PERMISSION TO SPEAK WITH MY CHILD’S HEALTH CARE PROVIDER OR PHARMACIST AND AUTHORIZE MY CHILD’S HEALTH CARE PROVIDER OR PHARMACIST TO SPEAK WITH THE NURSE SHOULD A QUESTION COME UP ABOUT ONE OF MY CHILD’S MEDICATIONS. ALL HEALTH INFORMATION IS CONSIDERED CONFIDENTIAL AND WILL BE SHARED ONLY ON A NEED-TO-KNOW BASIS TO ENSURE THE SAFETY OF YOUR CHILD. I ALSO UNDERSTAND AND AGREE THAT I AM FINANCIALLY RESPONSIBLE FOR ALL MEDICAL TREATMENT AND OTHER HEALTH CARE SERVICES PROVIDED TO MY CHILD."

**"This is to certify that the information provided on this form is accurate to the best of my knowledge,"**

\_\_\_\_\_  
**SIGNATURE of PARENT or LEGAL GUARDIAN**

\_\_\_\_\_  
**DATE**

# VERY IMPORTANT!

# Medicine Reminder

# PLEASE READ!

*for Parents*

- Medicines at McDowell Farm School are subject to the same rules as medicines brought to school for administration by the school nurse.
- Scheduled medicine times are: Before Breakfast, After Breakfast, After Lunch, Canteen, After Dinner and at Evening Snack.
- Prescription medicines **MUST** be in their original containers and have a label containing:
  - Student Name
  - Name of Prescription Drug
  - Strength of Prescription Drug
  - Administration directions (“give as directed” is **NOT** acceptable)
  - Parents must indicate what time medication is to be taken
- Please remember that parents **must provide any over-the-counter medicines** they anticipate their child may need.

*\*\*If your child requires an Epi-pen or other injection, please contact the Farm School Nurse at 205-387-1806 ext. 125 or farmnurse@campmcdowell.org*

McDowell Farm School Nurse

## Medication Packing Sheet *for Parents*

Please place this sheet in a bag with your child’s medicine. All information must be completed by a parent or legal guardian. Please fill out the information for prescription and over the counter medicines.

Student’s Name: \_\_\_\_\_ School: \_\_\_\_\_

### **PRESCRIPTION MEDICATIONS:**

Circle the time(s) to administer this medicine to the child, choosing from the following:

**B\***= Before Breakfast, **B**= After Breakfast, **L**= After Lunch, **C**=Canteen (4PM), **D**= After Dinner, **HS**= At Bedtime

\*If a time is not selected, medicines will be given after breakfast.

Medication:	Dosage:	Reason:	Time Given: <b>B* B L C D HS</b>
Medication:	Dosage:	Reason:	Time Given: <b>B* B L C D HS</b>
Medication:	Dosage:	Reason:	Time Given: <b>B* B L C D HS</b>

### **OVER THE COUNTER (OTC) MEDICATIONS:** ALL OTC MEDICATIONS MUST BE PROVIDED BY PARENTS/LEGAL

GUARDIANS OF THE STUDENT. Circle “As Needed Only”, if medication is not taken daily.

Medication:	Dosage:	Reason:	Time Given: <b>B* B L C D HS</b> <b>As Needed Only</b>
Medication:	Dosage:	Reason:	Time Given: <b>B* B L C D HS</b> <b>As Needed Only</b>
Medication:	Dosage:	Reason:	Time Given: <b>B* B L C D HS</b> <b>As Needed Only</b>

# Waiver of Liability & Release

*This form must be completed for every participant in a Camp McDowell program.  
Please read carefully before signing.*

## PROGRAM DESCRIPTION

All of Camp McDowell’s programs (“Programs”) take place in an area that includes over 1,000 acres of forests, meadows, streams, and canyons. The Programs involve physical and hazardous activities that take place in this wilderness and outdoor camp environment, including without limitation, swimming; canoeing; hiking over rough terrain or in the vicinity of water; and challenge or ropes course activities such as climbing, jumping, balancing, and being lifted or supported by a rope and harness system at heights up to thirty feet in the air.

## ASSUMPTION OF RISK AND AGREEMENT TO RELEASE AND HOLD HARMLESS

I, the undersigned, understand and agree that participating in any Program inherently involves risks, hazards, and dangers, including but not limited to the risks of falling, falling rocks or objects, fractures, concussions, dangerous weather, overexertion, overheating, injuries caused by a lack of fitness or conditioning, river currents, hypothermia, hostile or aggressive farm animals or wildlife, equipment failures, negligence of others, accident, injury, death, mental or emotional trauma, disability, and property damage or loss. In consideration for my being permitted to participate in a Program, I, for myself (and for my child if participant is under 19), my heirs, assigns, and personal representatives, hereby knowingly and intentionally agree to assume all risks of participating in any Program and forever release and hold harmless Camp McDowell and the Episcopal Diocese of Alabama, as well as their employees, agents, directors, volunteers, participants, guests, representatives, affiliates, and all other persons or entities acting under their direction and control (“Released Parties”) from any and all liability, claims, actions, losses, and demands arising out of or relating in any way to my participation in any Program, including but not limited to those arising from travel to and from the program site or from the negligence of the Released Parties.

By signing this form I am certifying that I am capable of—and have not been advised by a medical professional to refrain from—participating in these and similar physical activities. I also consent to receive (or, if applicable, have my child receive) medical treatment that may be deemed advisable in the event of injury, accident, or illness during any Program.

This agreement is governed by and shall be construed in accordance with the laws of the state of Alabama, without any reference to its choice of law rules. I agree that any dispute arising from this agreement or in any way associated with a Program shall be brought only in the state or federal courts of Jefferson County, Alabama, and I agree to the jurisdiction and venue of those courts for any such dispute.

**I HAVE CAREFULLY READ, FULLY UNDERSTAND, AND VOLUNTARILY SIGN THIS WAIVER OF LIABILITY AND RELEASE ON BEHALF OF MYSELF AND, IF APPLICABLE, AS THE PARENT OR LEGAL GUARDIAN OF A PROGRAM PARTICIPANT UNDER THE AGE OF 19 YEARS.**

\_\_\_\_\_  
Name of Program Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Participant (If 19 Years or Older)

\_\_\_\_\_  
Signature of Parent or Legal Guardian (If Participant Under 19 Years)

# McDowell Farm School

## ADULT HEALTH FORM

All information is confidential. **PLEASE PRINT NEATLY!**

Name: (Last)                      (First)                      (Middle)			Date of Birth:	Sex:
Height/Weight:	Email Address:		Preferred name (if different from above):	
Address:			City:	State:      Zip Code:
Cell Phone:		Work Phone:		Other Phone:
Emergency Contact: (Last)                      (First)			Relationship to you/Phone Number:	
Primary Physician:			Physician Phone:	

Do you have any known allergies? N / Y To What: \_\_\_\_\_

Are you on a special diet? N / Y Please explain: \_\_\_\_\_

Health problems: \_\_\_\_\_

**PHOTO RELEASE AND PERMISSION TO CONTACT**

I give permission for any photos or videos taken of me during the educational program at the Center to be used for the public relations of the program. I give permission for Camp McDowell to contact me regarding future programs and promotions. (Please note if you DO NOT give photo release permission or do not want to be contacted)

**MEDICAL AUTHORIZATION AND RELEASE**

“Should I sustain or incur any accident or illness while attending McDowell Farm School, I hereby authorize the Director, their agent or a school official to execute any and all documents in my behalf, including necessary releases, which might be required by a medical facility to perform emergency care. This is to certify that I am in good physical condition and that the information provided is accurate to the best of my knowledge. I authorize McDowell Farm School to allow medical agencies (including, but not limited to, hospitals, physician’s offices, health clinics, dental clinics, pharmacies) to read the information contained in the accompanying Health Form. I agree that the information used will be limited to information necessary to fulfill the need or purpose for the disclosure. I also understand and agree that I am financially responsible for all medical treatment and other health care services provided.” All health information is considered confidential and will be shared only on a need to know basis to ensure your safety.

\_\_\_\_\_  
Name (Please Print)

\_\_\_\_\_  
Name of **Child**, if attending (Please Print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**PLEASE RETURN TO THE TEACHER ASAP**

# Waiver of Liability & Release

*This form must be completed for every participant in a Camp McDowell program.*

*Please read carefully before signing.*

## PROGRAM DESCRIPTION

All of Camp McDowell's programs ("Programs") take place in an area that includes over 1,000 acres of forests, meadows, streams, and canyons. The Programs involve physical and hazardous activities that take place in this wilderness and outdoor camp environment, including without limitation, swimming; canoeing; hiking over rough terrain or in the vicinity of water; and challenge or ropes course activities such as climbing, jumping, balancing, and being lifted or supported by a rope and harness system at heights up to thirty feet in the air.

## ASSUMPTION OF RISK AND AGREEMENT TO RELEASE AND HOLD HARMLESS

I, the undersigned, understand and agree that participating in any Program inherently involves risks, hazards, and dangers, including but not limited to the risks of falling, falling rocks or objects, fractures, concussions, dangerous weather, overexertion, overheating, injuries caused by a lack of fitness or conditioning, river currents, hypothermia, hostile or aggressive farm animals or wildlife, equipment failures, negligence of others, accident, injury, death, mental or emotional trauma, disability, and property damage or loss. In consideration for my being permitted to participate in a Program, I, for myself (and for my child if participant is under 19), my heirs, assigns, and personal representatives, hereby knowingly and intentionally agree to assume all risks of participating in any Program and forever release and hold harmless Camp McDowell and the Episcopal Diocese of Alabama, as well as their employees, agents, directors, volunteers, participants, guests, representatives, affiliates, and all other persons or entities acting under their direction and control ("Released Parties") from any and all liability, claims, actions, losses, and demands arising out of or relating in any way to my participation in any Program, including but not limited to those arising from travel to and from the program site or from the negligence of the Released Parties.

By signing this form I am certifying that I am capable of—and have not been advised by a medical professional to refrain from—participating in these and similar physical activities. I also consent to receive (or, if applicable, have my child receive) medical treatment that may be deemed advisable in the event of injury, accident, or illness during any Program.

This agreement is governed by and shall be construed in accordance with the laws of the state of Alabama, without any reference to its choice of law rules. I agree that any dispute arising from this agreement or in any way associated with a Program shall be brought only in the state or federal courts of Jefferson County, Alabama, and I agree to the jurisdiction and venue of those courts for any such dispute.

**I HAVE CAREFULLY READ, FULLY UNDERSTAND, AND VOLUNTARILY SIGN THIS WAIVER OF LIABILITY AND RELEASE ON BEHALF OF MYSELF AND, IF APPLICABLE, AS THE PARENT OR LEGAL GUARDIAN OF A PROGRAM PARTICIPANT UNDER THE AGE OF 19 YEARS.**

\_\_\_\_\_  
Name of Program Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Participant (If 19 Years or Older)

\_\_\_\_\_  
Signature of Parent or Legal Guardian (If Participant Under 19 Years)

# DAY GROUPS

## McDowell Farm School Program Information

Thank you for spending a day with us on the farm! We hope that your visit to the farm is inspiring and leads you to developing an overnight program for you and your students. There is so much to learn and experience at the McDowell Farm School. Because we offer such a variety of options, it is essential to narrow down and focus in on just a couple classes for a day. Students get more out of the program when given proper time to experience, question and reflect on their activities at the farm. Program details differ from those of overnight groups. Please read through the following information, then contact the Program Coordinator. **All Lead Teachers will work closely with the Program Coordinator to create a great day based on individual details for the school group.**

**Arrival/Departure** We suggest an arrival time of 8:30 am and departing after 2pm. Class options depend on the amount of time you have to spend on the farm for the day. We will work together to build your trip based on those details.

**Health Information** We make every reasonable effort to ensure the health and safety of your students while they are here. Because we work so closely with food, we **request all Student Food Allergy** information be **emailed to the Program Coordinator two weeks before the trip date.** Lead Teachers are responsible for all other health needs.

**Cost** The cost for a day at the farm is \$33/participant. For every **ten** students, **one** adult may come free. Additional adults may attend for **full price.** We can accommodate about 80 students per session. If your group exceeds this, we can divide them into multiple sessions. If you would like lunch to be included, the price per participant is \$40.

**Chaperones** MFS recommends a 1:10 adult/student ratio including teachers. Chaperones can help make your trip easier or, if not chosen properly, they can make it more difficult. It is worthwhile to take the time to choose your chaperones carefully.

**Meals** Many schools bring sack lunches for day programs. Lunch can also be provided through McDowell at an additional cost of \$7.00/person. If taking our Farm to Table class, please discuss ahead of time with the Program Coordinator the potential for incorporating that food into their meal while planning your program. Special dietary needs can usually be accommodated with advance notice and planning.

**Our Staff** Our experienced staff works with you throughout the entirety of your program. We plan, teach and supply materials for all activities and classes. Our instructors are trained in a student-centered approach to education and lead all classes with a maximum ratio of 12:1. **Please divide your students into Farm Crews and email to Program Coordinator two weeks before the trip date.**

**Cancellation Policy** An accurate count of student participants is due at least 60 days prior to your scheduled trip date. Once the 60 day deadline has passed, the school is responsible for a payment of 75% of the number of reserved participants. Payment is due within 30 days of cancellation. Groups are expected to bring the number of participants indicated at the time of registration. McDowell Farm School allows for a 10% reduction in group size from the reserved amount without penalty. For decreases greater than 10%, the group will be billed 50% of the no-show registrants' fees.

# DAY GROUP McDowell Farm School Program Contract

*\*Please email or fax to Farm School Coordinator as soon as possible*

*farmschool@campmcdowell.org fax 205.221.3454*

School: \_\_\_\_\_ Reserved dates: \_\_\_\_\_

Lead Teacher: \_\_\_\_\_ Grade(s): \_\_\_\_\_

Other School Contact: \_\_\_\_\_ Principal \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

School Phone:(\_\_\_\_)\_\_\_\_\_ Fax:(\_\_\_\_)\_\_\_\_\_ Cell Phone: (\_\_\_\_)\_\_\_\_\_

E-mail: \_\_\_\_\_ School Nurse: \_\_\_\_\_

Best way to contact (circle one): School Phone/Cell Phone/E-mail Best Time to Contact: \_\_\_\_\_

Arrival time: \_\_\_\_\_ (8:30 suggested) Departure time: \_\_\_\_\_ (after 2:00 suggested)

How will your group be arriving? (#'s if known) \_\_\_\_\_ Bus(es) \_\_\_\_\_ Car(s)

STUDENTS: # of boys : \_\_\_\_\_ # of girls: \_\_\_\_\_ Total # of STUDENTS: \_\_\_\_\_

\*ADULTS: # of men: \_\_\_\_\_ # of women: \_\_\_\_\_ Total # of ADULTS: \_\_\_\_\_

*\*Please include ALL Teachers & Chaperones in the Adult numbers TOTAL #: \_\_\_\_\_*

# FARM CREWS:(10-12 students/group) \_\_\_\_\_ Will you be bringing your own lunches? Yes/No

**RESPONSIBILITIES OF THE FARM SCHOOL:** Assist with pre-trip planning; provide complete educational programming; inform participants of their responsibilities, camp rules and emergency procedures; clean and maintain facilities and grounds; and provide a safe and wholesome atmosphere.

**RESPONSIBILITIES OF THE LEAD TEACHER:** Make a reservation, submit confirmation fee and return contract; arrange transportation; arrange for one physically-able chaperone for each field group; communicate with students, parents and chaperones about the trip; collect fees; email/fax field crew lists; participate in the program with chaperones and students; and submit final payment.

**DAMAGE:** McDowell reserves the right to send home any child who becomes ill, destroys property, behaves aggressively or takes any other action detrimental to other students or the program. The school will be responsible for providing transportation in such cases, and for any damage to the facilities and equipment. No refunds will be made under these conditions. **The Farm School cannot be held responsible for loss or damage to property brought to McDowell. Please encourage students to leave valuables and large amounts of cash at home.**

**INVOICE:** On the day of your trip to McDowell Farm School, we will give you an invoice for the balance of your payment. **Payment is due within 30 days of your trip dates.**

**I agree to the terms of this contract and agree that my group will abide by all McDowell policies.**

\_\_\_\_\_ Signature of Lead Teacher \_\_\_\_\_ Date

**\*\*PLEASE complete the next page\*\***

# DAY GROUP Program Contract: Class Options

The Farm School curriculum is divided into 3 and 1.5 hour classes. Please select 2 to 3 classes from the list below based on the amount of time you have available for the day. Reach out to our Program Coordinator for any questions you have about class selections; day programs are flexible, and we want to make sure to build the best program we can for your trip.

<b>Farm Fauna</b>	<b><u>3 Hour Classes</u></b> <b>Plant it, Earth!</b>	<b>Farm to Table</b>
<b>Farm Ecology</b> <b>Big, Bug World</b>	<b><u>1.5 Hour Classes</u></b> <b>Nature Hike</b> <b>Wilderness Transformed</b>	<b>SustainAbility</b> <b>Canoeing</b>

## Group Profile

*The following information will help the staff have a better understanding of the needs of your group.*

Have any of your teachers and chaperones attended the Farm School before? \_\_\_\_\_

Have any of your students attended the Farm School before? \_\_\_\_\_ If so, how many? \_\_\_\_\_

**Does your school have an outdoor garden/classroom? If so, what is your students' participation in that program?**

**What is your primary goal while visiting the Farm School for a day?**

**Do any of your students have special needs of which our staff should be aware?** (i.e. physical limitations, low level/non-readers, severe food allergies, emotional/behavioral concerns, etc...) The more information you give us ahead of time, the better we can prepare for your students!

# Day Group Farm Crew Assignment List School \_\_\_\_\_

*\*Please email or fax to Farm School Coordinator 2 Weeks Prior to Trip*

*farmschool@campmcdowell.org fax 205.221.3454*

**IF YOU CREATE A DIGITAL FILE FOR THESE LISTS (EXCEL, ETC.) PLEASE SEND THAT INSTEAD!**

Assign 10 to 12 students and at least 1 adult to each farm crew. Students will attend all classes with their crew. If you are bringing multiple grade levels, group by grade level.

**\*\*\* One adult must be with a Farm Crew at all times.\*\*\***

Farm Crew # _____	Farm Crew # _____	Farm Crew # _____
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12

Adults (teachers & Chaperones)	Adults (teachers & Chaperones)	Adults (teachers & Chaperones)
1	1	1
2	2	2
3	3	3

# McDowell Farm School

105 Delong Rd Nauvoo, AL 35578  
mcdowellfarmschool.org

Phone: 205.387.1806  
Fax: 205.221.3454

## DAY GROUP STUDENT LETTER AND PACKING LIST

### Dear Parent or Guardian,

During their time on the farm, students are teeming with questions...“Why are the eggs warm? What makes the best soil? Why are you a farmer?” Each question provides the space to not only **deepen their science understanding**, but to connect their knowledge to new situations.

Our goal is to bring kids face to face with the science of the classroom through the lens of sustainable farming. Students discover their interests and we facilitate understanding and appreciation of their world. Our chosen pathways are through food and water systems - we emphasize the power of personal choice and how choice directly affects outcomes.

Each day on the farm, students **apply classroom concepts to the natural world**. Our classroom extends beyond the walls of our teaching kitchen, beyond our 40 acres of gardens and fields, and even beyond the 1100 acres of forests, streams and canyons of McDowell! **We make the world our classroom and our place to discover.**

**Listed below** are a **few important items worth emphasizing** about your child’s upcoming visit to **ensure their safety and comfort**. Please read the information below carefully.

**Appropriate Clothing:** Living and learning on a farm can be messy business and because **we spend most of our time outdoors (even in the rain and cold)**, please be sure to pack appropriate clothing for your child. In truly inclement weather, we have ample indoor teaching space.

### Parents and Students, please be sure to

- Bring OLD clothes and shoes! You will get dirty, wet and muddy.
- Pack a raincoat or poncho (and warm clothes if applicable). They are essential because classes are held rain or shine.
- Bring a water bottle.
- Pack a lunch if necessary!

### Suggested Items

- Sunscreen
- Camera
- Hat or Visor
- Flashlight
- Small backpack to carry everything
- Rain Boots
- Cool weather clothing for appropriate weather conditions: coat, warm hat, thick socks

If you have any questions or concerns about our program, personnel, or facilities, please contact us directly. We are more than happy to take your calls!

Scotty Feltman, Director

farmschooldirector@campmcdowell.org  
205.387.1806 ext. 106

School: \_\_\_\_\_

STUDENT or ADULT (circle one)

Updated July 23 2019

# McDowell Farm School - DAY GROUP

## PARTICIPANT INFORMATION FORM

This form must be filled out by the student's **PARENT or LEGAL GUARDIAN!**

Name: (Last) (First) (Middle)			Date of Birth:	Sex:
Age:	Grade:	Height/Weight:	Preferred name (if different from above):	
Address:		City:	State:	Zip Code:
Parent/Guardian name: (Last) (First)			Relationship to student:	
Cell Phone:		Work Phone:	Email Address:	
Other Emergency Contact: (Last) (First)			Relationship to student/Phone Number:	
Primary Physician:			Physician Phone:	

### ALLERGY INFORMATION

To the best of your knowledge does the participant have any allergies? **YES / NO** (Please circle one)

If **YES** was circled, please indicate the allergy below. Please be specific:

FOODS:	
PLANTS:	
MEDICINE ALLERGIES:	
ANIMALS:	
INSECTS:	
OTHER:	

Please indicate what treatment your child should receive if exposure occurs:

\_\_\_\_\_  
\*\* If your child is bringing an EPI-PEN, you MUST contact the Farm School Nurse at [farmnurse@campmcdowell.org](mailto:farmnurse@campmcdowell.org)\*\*  
ADDITIONAL HEALTH CONCERNS: \_\_\_\_\_

### PHOTO RELEASE

"I give my permission for any photos or videos taken of the participant for any artwork and writing made by the participant during educational programs at Camp McDowell to be used for the public relations of the program." (Please note if you DO NOT give photo release permission)

### MEDICAL AUTHORIZATION AND RELEASE

"Should I or my child sustain or incur any accident or illness while attending McDowell Farm School, I hereby authorize the Director, their agent or a school official to execute any and all documents on my or my child's behalf, including necessary releases, which might be required by a medical facility to perform emergency care. This is to certify that I or my child is in good physical condition and that the information provided is accurate to the best of my knowledge. I authorize McDowell Farm School to allow medical agencies (including, but not limited to, hospitals, physician's offices, health clinics, dental clinics, pharmacies) to read the information contained in the accompanying Health Form. I agree that the information used will be limited to information necessary to fulfill the need or purpose for the disclosure. I also understand and agree that I am financially responsible for all medical treatment and other health care services provided." All health information is considered confidential and will be shared only on a need to know basis to ensure your child's safety.

**"This is to certify that the information provided on this form is accurate to the best of my knowledge,"**

\_\_\_\_\_  
SIGNATURE of PARENT or LEGAL GUARDIAN

\_\_\_\_\_  
DATE

# Waiver of Liability & Release

*This form must be completed for every participant in a Camp McDowell program.*

*Please read carefully before signing.*

## PROGRAM DESCRIPTION

All of Camp McDowell’s programs (“Programs”) take place in an area that includes over 1,000 acres of forests, meadows, streams, and canyons. The Programs involve physical and hazardous activities that take place in this wilderness and outdoor camp environment, including without limitation, swimming; canoeing; hiking over rough terrain or in the vicinity of water; and challenge or ropes course activities such as climbing, jumping, balancing, and being lifted or supported by a rope and harness system at heights up to thirty feet in the air.

## ASSUMPTION OF RISK AND AGREEMENT TO RELEASE AND HOLD HARMLESS

I, the undersigned, understand and agree that participating in any Program inherently involves risks, hazards, and dangers, including but not limited to the risks of falling, falling rocks or objects, fractures, concussions, dangerous weather, overexertion, overheating, injuries caused by a lack of fitness or conditioning, river currents, hypothermia, hostile or aggressive farm animals or wildlife, equipment failures, negligence of others, accident, injury, death, mental or emotional trauma, disability, and property damage or loss. In consideration for my being permitted to participate in a Program, I, for myself (and for my child if participant is under 19), my heirs, assigns, and personal representatives, hereby knowingly and intentionally agree to assume all risks of participating in any Program and forever release and hold harmless Camp McDowell and the Episcopal Diocese of Alabama, as well as their employees, agents, directors, volunteers, participants, guests, representatives, affiliates, and all other persons or entities acting under their direction and control (“Released Parties”) from any and all liability, claims, actions, losses, and demands arising out of or relating in any way to my participation in any Program, including but not limited to those arising from travel to and from the program site or from the negligence of the Released Parties.

By signing this form I am certifying that I am capable of—and have not been advised by a medical professional to refrain from—participating in these and similar physical activities. I also consent to receive (or, if applicable, have my child receive) medical treatment that may be deemed advisable in the event of injury, accident, or illness during any Program.

This agreement is governed by and shall be construed in accordance with the laws of the state of Alabama, without any reference to its choice of law rules. I agree that any dispute arising from this agreement or in any way associated with a Program shall be brought only in the state or federal courts of Jefferson County, Alabama, and I agree to the jurisdiction and venue of those courts for any such dispute.

**I HAVE CAREFULLY READ, FULLY UNDERSTAND, AND VOLUNTARILY SIGN THIS WAIVER OF LIABILITY AND RELEASE ON BEHALF OF MYSELF AND, IF APPLICABLE, AS THE PARENT OR LEGAL GUARDIAN OF A PROGRAM PARTICIPANT UNDER THE AGE OF 19 YEARS.**

\_\_\_\_\_  
Name of Program Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Participant (If 19 Years or Older)

\_\_\_\_\_  
Signature of Parent or Legal Guardian (If Participant Under 19 Years)

# Directions to Camp McDowell

**Birmingham and Montgomery:** Take I-65 North in Birmingham. Get off at exit 265A, headed onto I-22 towards Jasper. Take Exit 63 and turn right onto 269 North into Jasper. Turn right at second light onto 18th St. and an immediate left onto 9th Ave. which will turn into HWY 195. Take Highway 195 North 13 miles to Camp McDowell. Camp entrance will be on your right.

**From Huntsville:** Take I-65 South to Cullman; take U.S. 278 west to Double Springs; take Highway 195 South 10 miles to Camp McDowell. Camp entrance will be on your left.

**From Tuscaloosa:** Take Highway 69 north to Jasper; take Highway 195 north 13 miles to Camp McDowell. Camp entrance will be on your right.

**From the Shoals:** Take Highway 43 south from Florence to Russellville; take 243 from Russellville until that road ends then take 195 south to Double Springs; take Highway 195 South 10 miles to Camp McDowell. Camp entrance will be on your left.

**From the Tupelo, MS area:** Take I-22 to the Hamilton/Highway 278 exit. Follow highway 278 about 40 miles to Double Springs. Turn **right** on Highway 195 South. Take HWY 195 South 10 miles to Camp McDowell. Camp entrance will be on your left.

***Upon your arrival at Camp McDowell, please stop at the Camp Store (the first building on the left side of the camp road - about 1 mile from Highway 195). A farm staff member will meet you there and lead you into camp!***

Escuela: \_\_\_\_\_

Desde 22 abril, 2020

# McDowell Farm School

## FORMULARIO DE SALUD DE ESTUDIANTE

Toda esta información es confidencial. **Por favor, ¡escriba todo cuidadosamente!**

**Un padre/madre o guardián legal** necesita completar este formulario.

Nombre: (Apellido) (Primer) (Segundo)	Fecha de naci.:	Sexo:
Edad: Grado: Altura/Peso:	Nombre preferido (si es diferente):	
Dirección:	Ciudad:	Estado: Código postal:
Nombre de guardián legal: (Apellido) (Primer)	Relación al estudiante:	
Teléfono celular:	Teléfono de trabajo:	Correo electrónico:
Otro Contacto de Emergencia: (Apellido) (Primer)	Relación a estudiante/Teléfono:	
Pediátrico o Médico de Estudiante:	Teléfono de médico:	

¿El estudiante tiene una dieta especial? **SÍ / No**

Si SÍ, por favor escribe lo que el estudiante PUEDE y NO PUEDE comer:

---

**\*\*Si comida especial debe ser enviada a su hijo, contacte la enfermera del campamento: 205-387-1806 ext. 125 o farmnurse@campmcdowell.org\*\***

### LAS ALERGIAS

Que usted sepa, ¿tiene su hijo alguna alergia? **SÍ / NO** (Elige uno.)

Si **SÍ**, indique la(s) alergia(s) de su hijo. Por favor, sea específico.

COMIDAS:	
PLANTAS:	
MEDICINA:	
ANIMALES:	
INSECTOS:	
OTRA:	

Indique que tratamiento su hijo debe recibir si está expuesto. (No se administrarán medicamentos a los que sea alérgico.)

---

**\*\* Si su hijo trae un Epi-Pen, DEBE contactar a la enfermera del campamento: 205-387-1806, farmnurse@campmcdowell.org\*\***

Preocupaciones de salud adicionales: \_\_\_\_\_

---

## **REGLAS POR LOS MEDICAMENTOS DEL ESTUDIANTE:**

- Todos los medicamentos necesitan estar en el contenedor original con el nombre del estudiante y su escuela escrito en el lateral.
- Debe haber instrucciones claras y específicas de cuándo y porque estudiantes necesitan los medicamentos.
  - **IMPORTANTE:** No es suficiente escribir “Como las instrucciones.”
- El contenedor necesita identificar la fuerza y dosis del medicamento.
- Medicamentos sin receta necesita ser apropiado para la edad. Se dará según las instrucciones de la fabricante. Si no es recomendado por la edad de su estudiante y su pediatra/médico lo ha recetado, necesitamos una nota escrita del médico adjunto al medicamento.

## **MEDICAMENTOS RECETADOS:**

TODOS LOS MEDICAMENTOS ESTÁN ADMINISTRADOS POR UNA ENFERMERA CON LICENCIA, TEM, O PERSONA AUTORIZADA DE LA ESCUELA. Agregue una hoja adicional si es necesario.

Liste todos los medicamentos del estudiante. Marque con un círculo el tiempo cuándo el estudiante debe tomar el medicamento: **D\***= Antes del desayuno, **D**= con o después del desayuno, **A**= con o después del almuerzo, **T**=Tarde (4PM), **C**= con o después de la cena, **ACO**= a la hora de acostarse; \*Si no indica a qué tiempo, medicamentos serán administrados después del desayuno.

Medicamento:	Dosis:	Razón:	Cuándo: <b>D* D A T C ACO</b>
Medicamento:	Dosis:	Razón:	Cuándo: <b>D* D A T C ACO</b>
Medicamento:	Dosis:	Razón:	Cuándo: <b>D* D A T C ACO</b>
Medicamento:	Dosis:	Razón:	Cuándo: <b>D* D A T C ACO</b>

## **MEDICAMENTOS SIN RECETA:**

TODOS LOS MEDICAMENTOS SIN RECETAS NECESITAN SER PROVISTOS POR UN PADRE/GUARDIAN LEGAL.

\* NEC\* = Como sea necesario; Marque con un círculo si no toma el medicamento cada día.

Medicamento:	Dosis:	Razón:	Cuándo: <b>D* D A T C ACO NEC*</b>
Medicamento:	Dosis:	Razón:	Cuándo: <b>D* D A T C ACO NEC*</b>
Medicamento:	Dosis:	Razón:	Cuándo: <b>D* D A T C ACO NEC*</b>
Medicamento:	Dosis:	Razón:	Cuándo: <b>D* D A T C ACO NEC*</b>

**En el caso de una enfermedad inesperada, nuestra enfermera tendrá medicamentos sin receta disponible al estudiante.**

**¿Cuáles de estos medicamentos nos permite darle?**

**Ibuprofeno:** Sí\_\_ No\_\_ **Acetaminofeno:** Sí\_\_ No\_\_ **Benadryl:** Sí\_\_ No\_\_ **Pastillas para la tos:** Sí\_\_ No\_\_ **Tums antiácidos:** Sí\_\_ No\_\_

## **PERMISO DE FOTOS**

"Doy permiso para que las fotos o videos tomados de mi estudiante u obras de arte o escritura hecha por mi estudiante durante el tiempo en Camp McDowell sean utilizados para las relaciones públicas del programa."

(Indica si NO nos da permiso de usar fotos del estudiante.) **SÍ NO**

## **AUTORIZACIÓN MÉDICA Y LIBERACIÓN**

"YO AUTORIZO A LA ENFERMERA, AL PERSONAL DE LA ESCUELA AUTORIZADO O AL PERSONAL DEL CAMPAMENTO AUTORIZADO LA TAREA DE ASISTIR A MI HIJO PARA TOMAR LOS MEDICAMENTOS ANTERIORES. OTORGO EL PERMISO DE ENFERMERA PARA HABLAR CON EL MÉDICO O EL FARMACÉUTICO DE LA SALUD DE MI HIJO Y AUTORIZO AL MÉDICO O LA FARMACIA DE LA SALUD DE MI HIJO PARA HABLAR CON LA ENFERMERA DEBE HABLAR UNA PREGUNTA SOBRE UNO DE LOS MEDICAMENTOS DE MI HIJO. TODA LA INFORMACIÓN DE SALUD SE CONSIDERA CONFIDENCIAL Y SE COMPARTIRÁ SOLO EN UNA NECESIDAD DE CONOCIMIENTO PARA ASEGURAR LA SEGURIDAD DE SU HIJO. TAMBIÉN ENTIENDO Y ACEPTO QUE SOY FINANCIERO RESPONSABLE DE TODOS LOS TRATAMIENTOS MÉDICOS Y OTROS SERVICIOS DE ATENCIÓN MÉDICA PROPORCIONADOS A MI HIJO."

**Esto es para certificar que la información en este formulario es precisa según mi leal saber y entender.**

\_\_\_\_\_  
**AFIRMACIÓN de PADRE o GUARDIÁN LEGAL**

\_\_\_\_\_  
**FEC**

# ¡MUY IMPORTANTE! Recordatorio Medicina ¡Por favor LEE!

*Para los padres*

- Los medicamentos en el McDowell Environmental Center están sujetos a las mismas reglas que los medicamentos que la enfermera de la escuela lleva a la escuela para que los administre.
- Los horarios de medicamentos programados son: antes del desayuno, después del desayuno, después del almuerzo, cantina, después de la cena, y en la merienda (noche).
- Los medicamentos recetados deben estar en sus envases originales y tener una etiqueta que contenga:
  - Nombre del estudiante
  - Nombre del medicamento recetado
  - Fuerza del medicamento recetado
  - Instrucciones de administración (“dar como se indica” NO es aceptable)
  - Los padres deben indicar a qué hora deben tomarse los medicamentos
- Recuerde que los padres deben proporcionar los medicamentos de venta libre que anticipan que su hijo pueda necesitar.

*\*\*Si su hijo requiere un Epi-pen u otra inyección, comuníquese con la enfermera a 205-387-1806 ext. 125, rn@campmcdowell.com*

Stacey Glenn, R.N., Camp McDowell Enfermera  
 McDowell Environmental Center

## Hoja de Medicamentos *para los padres*

Coloque esta hoja en una bolsa con la medicina de su hijo. Toda la información debe ser completada por un padre o guardián legal. Complete la información para medicamentos recetados y de venta libre.

Nombre del estudiante: \_\_\_\_\_ Escuela: \_\_\_\_\_

### **MEDICAMENTOS RECETADOS:**

Liste todos los medicamentos del estudiante. Marque con un círculo el tiempo cuándo el estudiante debe tomar el medicamento: **D\***= Antes del desayuno, **D**= con o después del desayuno, **A**= con o después del almuerzo, **T**=Tarde (4PM), **C**= con o después de la cena, **ACO**= a la hora de acostarse; **NEC** = Como sea necesario; Marque con un círculo si no toma el medicamento cada día. **Si no indica a qué tiempo**, medicamentos serán administrados después del desayuno.

Medicamento:	Dosis:	Razón:	Cuándo: <b>D*</b> <b>D</b> <b>A</b> <b>T</b> <b>C</b> <b>ACO</b>
Medicamento:	Dosis:	Razón:	Cuándo: <b>D*</b> <b>D</b> <b>A</b> <b>T</b> <b>C</b> <b>ACO</b>
Medicamento:	Dosis:	Razón:	Cuándo: <b>D*</b> <b>D</b> <b>A</b> <b>T</b> <b>C</b> <b>ACO</b>

### **MEDICAMENTOS SIN RECETA:** TODOS LOS MEDICAMENTOS SIN RECETAS NECESITAN SER PROVISTOS POR UN PADRE/GUARDIÁN LEGAL. **NEC\*** = Como sea necesario; Marque con un círculo si no toma el medicamento cada día.

Medicamento:	Dosis:	Razón:	Cuándo: <b>D*</b> <b>D</b> <b>A</b> <b>T</b> <b>C</b> <b>ACO</b> <b>NEC</b>
Medicamento:	Dosis:	Razón:	Cuándo: <b>D*</b> <b>D</b> <b>A</b> <b>T</b> <b>C</b> <b>ACO</b> <b>NEC</b>
Medicamento:	Dosis:	Razón:	Cuándo: <b>D*</b> <b>D</b> <b>A</b> <b>T</b> <b>C</b> <b>ACO</b> <b>NEC</b>

# Renuncia de responsabilidad y liberación

*Este formulario debe completarse para cada participante en un programa de Camp McDowell.*

*Por favor lee con cuidado antes de firmar.*

## DESCRIPCIÓN DEL PROGRAMA

Todos los programas de Camp McDowell (“Programas”) tienen lugar en un área que incluye más de 1,000 acres de bosques, prados, arroyos y cañones. Los Programas involucran actividades físicas y peligrosas que tienen lugar en este ambiente de campo salvaje y al aire libre, incluyendo, entre otros, la natación; canotaje; excursionismo sobre terreno accidentado o en las proximidades del agua; y actividades de desafío o de cuerdas, como escalar, saltar, equilibrar y ser elevado o apoyado por un sistema de cuerda y arnés a alturas de hasta treinta pies en el aire.

## ASUNCIÓN DE RIESGO Y ACUERDO PARA LIBERAR Y MANTENER DAÑOS

Yo, el abajo firmante, entiendo y acepto que participar en cualquier Programa implica inherentemente riesgos y peligros incluyendo, entre otros, los riesgos de caídas, caída de piedras u objetos, fracturas, conmociones cerebrales, clima peligroso, sobreesfuerzo, sobrecalentamiento, lesiones causadas por falta de condición física o acondicionamiento físico, corrientes del río, hipotermia, animales de granja o fauna silvestre hostiles o agresivos, fallas en el equipo, negligencia de otros, accidente, lesiones, muerte, trauma mental o emocional, discapacidad y daños pérdidas a la propiedad. En consideración a que se me permita participar en un Programa, yo, para mí (y para mi hijo si el participante es menor de 19 años), mis herederos, cesionarios y representantes personales, por la presente, a sabiendas e intencionalmente, asumo todos los riesgos de participar en cualquier Programa y libere y mantenga indemne a Camp McDowell y a la Diócesis Episcopal de Alabama, así como a sus empleados, agentes, directores, voluntarios, participantes, invitados, representantes, afiliados y todas las demás personas o entidades que actúen bajo su dirección y control (“Partes liberadas”) de cualquier responsabilidad, reclamos, acciones, pérdidas y demandas que surjan o estén relacionadas de alguna manera con mi participación en cualquier Programa, incluidas, entre otras, las que surjan de viajes hacia y desde el sitio del programa o desde la negligencia de las partes exoneradas.

Al firmar este formulario, certifico que soy capaz, y no me ha aconsejado un profesional médico que se abstenga de participar en estas y otras actividades físicas similares. También doy mi consentimiento para recibir (o, si corresponde, que mi hijo reciba) tratamiento medical que puede considerarse aconsejable en case de lesión, accidente o enfermedad durante cualquier Programa.

Este acuerdo se rige y se interpretará de conformidad con las leyes del estado de Alabama, sin ninguna referencia a su elección de normas legales. Estoy de acuerdo en que cualquier disputa que surja de este acuerdo o de cualquier manera asociada con un Programa se presentará solo en los tribunales estatales o federales del Condado de Jefferson, Alabama, y acepto la jurisdicción y el lugar de dichos tribunales para dicha disputa.

**HE LEÍDO CUIDADOSAMENTE, COMPRENDO TOTALMENTE, Y FIRMAR VOLUNTARIAMENTE ESTA RENUNCIA DE RESPONSABILIDAD Y LIBERACIÓN EN NOMBRE DE MISMO Y, SI ES APLICABLE, COMO PADRE O GUARDIÁN LEGAL DE UN PARTICIPANTE DEL PROGRAMA MENOS DE 19 AÑOS.**

\_\_\_\_\_  
Nombre del Participante (estudiante)

\_\_\_\_\_  
Fecha

\_\_\_\_\_  
Firma del Participante (si tiene 19 años o más)

\_\_\_\_\_  
Firma de Padre o Guardián Legal (si tiene menos de 19 años)